

It feels good to know how  
to control my diabetes!

You can do it too!

Let Us Help  
Make It Easier!



The African American Health Program presents

## Free Diabetes Classes

The classes are taught by registered nurses and dietitians.

**4 CLASS SERIES • 6:00 pm to 9:00 pm**

Dinner Served. \$5 per meal for Montgomery County residents.

*Additional fees for those not residing in Montgomery County.*

**Registration Required - Call Diane at 301.421.5767**

### 2011 SCHEDULE

#### JULY

Thursdays

7 | 14 | 21 | 28

**Praisner  
Community Center**  
14906 Old Columbia Pike  
Burtonsville, 20866

#### AUGUST

Thursdays

4 | 11 | 18 | 25

**Victory Christian Church**  
7-7 Metropolitan Court  
(near MVA)  
Gaithersburg, 20878

#### SEPT

Thursdays

1 | 8 | 15 | 22

**Pilgrim Baptist Church**  
8901 Pennsylvania Avenue  
Silver Spring, 20910

#### OCT

Wed

5 | 12 | 19 | 26

**Germantown Comm  
Center**  
18905 Kingsview Rd  
Germantown, 20874

**These 4 free classes are designed to help African Americans learn how to manage diabetes and eliminate their higher rates of diabetes complications.**

The African American Health Program is funded by the Montgomery County Department of Health and Human Services and administered by BETAH Associates, Inc.



**DEAP**  
DIABETES EDUCATION  
ACCREDITATION PROGRAM



**AFRICAN AMERICAN HEALTH PROGRAM**  
14015 New Hampshire Ave., Silver Spring, MD 20904  
For more info: 240.777.1833 | [www.onehealthylife.org](http://www.onehealthylife.org)

**Walgreens**  
A proud partner in the promotion  
of AAHP diabetes education.